

LYNN COUNCIL ON AGING SENIOR CENTER



March 2013

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

To lessen the agony of the seasonal grays- here are some thoughts to ponder. Always keep your words soft and sweet, just in case you have to eat them. And if you can't be kind; at least be vague. If you lend someone \$20 and never see that person again, it was probably worth it. It may be that your sole purpose in life is simply to serve as a warning to others. Never buy a car you can't push. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on. Always read stuff that will make you look good if you die in the middle of it. Some mistakes are too much fun to make only once. When everything's coming your way, you're in the wrong lane. And as my 13 year old thinks, since it's the early worm that gets eaten by the bird, sleep late! Or the second mouse gets the cheese! Don't worry... it stresses you. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must.

Stacey Minchello

From Your Mayor

As we transition from winter to spring, I hope many of our seniors can get back outside and enjoy the fresh – and hopefully warm – air.

We have two special performances at the Lynn Auditorium this month. Latin Grammy-winner David Bisbal will perform on March 2 and George Thorogood & The Destroyers will take the stage on March 7. For tickets, please visit www.lynnauditorium.com, call the Lynn Auditorium box office at 781-581-2971.

We are excited to announce that Salem State University has decided to hold this year's spring lecture in Lynn, featuring Cory Booker, the Yale-educated mayor of Newark, N.J. Booker will speak at the Lynn Auditorium on Sunday, April 7. We are thrilled to welcome such an inspirational, rising star to our city and to be able to partner with Salem State for this event.

This month, Rantoul Black Box Theatre at LynnArts will host performances of Nunsense A-Men, opening on March 7 and running through March 23. Featuring an all-male cast and tunes such as "Tackle That Temptation with a Time Step" this one is sure to please. It is respectful, hilarious and fun for all ages.


There will be several St. Patrick's Day celebrations taking place throughout the city. The Lynn Housing Authority & Neighbourhood Development will host its annual alcohol-free St. Patrick's Day Luncheon and the Ancient Order of Hibernians will host its annual dinner. Some of you may also want to come out and support the runners participating in the Hibernian 5K St. Patrick's Day Recovery Run on Sunday, March 24.

And for all of you celebrating Easter and Passover, I hope you enjoy a wonderful holiday, hopefully shared with friends and family.

Be well and stay warm,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
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Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

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Meets last
Thursday
monthly at 10 am

AARP Tax Appointments

Please be advised that all tax appointments are currently booked.

If you want to come in on Mondays during this time on a standby status, feel free to do so.

You must realize though, this is standby status; which means the tax preparers will only take you if they have a cancellation, or available time. There is no guarantee that you will get your taxes prepared.

Another options for free tax preparation is Centerboard in City Hall Square. Call them at 781-598-9417.

MARCH HAPPENNINGS

Tue, March 5	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
Tue, March 5	Lunch Trip: Tavern on the Green, Salem \$2	11:00 a.m. – 1:30 p.m.
Wed, March 6	FOOD STAMPS OFFICE HOURS	9:00 a.m. – 3:00 p.m.
Thur, March 7	TRIAD Meeting : Kindness Matters Planning Meeting	10:00 a.m.
Thur, March 7	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
Tue, March 12	Blood Sugar AND Blood Pressure Clinic "Lucy Booth" Open! Large Activity Room Nurse available for your questions.	8:00 a.m. – 9:30 a.m.
March 12	Casino Trip:FOXWOODS \$25 prepaid reservation Bus leaves promptly at 7 am Need 40 people by March 7 th	7a.m. – 6:30 p.m.
Wed, Mar 13	Field Trip: Boston Flower Show \$2 Buy your own ticket \$20 Drop off at door approx. 10:15 a.m. Pick up @1:30 p.m. Back by 2:15 p.m. Limited to 11 seats.	9:30 a.m. – 1:30 p.m.
Thur, March 14	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
March 14	St. Patrick's Day Celebration! Live entertainment by ~North Shore Songsters ~	12 noon
Fri, March 15	BROWN BAG: BOSTON FOOD BANK	10:00 a.m. – 12:00 p.m.
Mon, Mar 18	Women's Group Meeting	10 am – 11 am
Wed, Mar 20	Lunch Trip: Lynn Tech \$2	11:00 a.m. – 1:00 p.m.
Mon, Mar 25	Field Trip: Liberty Tree Mall \$2	10:00 a.m. – 1:30 p.m.
Tue, March 27	Hearing Clinic	9:00 a.m. – 11:00 a.m.
Wed, March 27	Lynn Council on Aging Board Meeting	1:30 pm
Thus, Mar 28	FRIENDS OF LCOA meeting	10:00 a.m. – 11:00 a.m.

Please note:

Exercise Classes will still be held Weds and Fridays 11:30 am – 12:15pm
TOPS will still be held Thurs 10 am. As listed on the calendar on page.

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MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 Krunch lite fish/sauce Garlic whipped potato Tuscan veg. WW roll Fresh fruit ALT: Meatballs/sweet & sour sauce</p>
<p>4 Turkey kielbasa/roll Mustard Homefries/ketchup Peppers & onions Chilled fruit Alt: Beef strip steak/gravy</p>	<p>5 Pot roast/gravy Baked potato/sour cream HDM: Red bliss potato California blend veg. Rye bread Cookie ALT: Chicken florentine</p>	<p>6 Split pea soup/crackers Tyson chicken/honey mustard sauce Cheddar whipped potato Homemade White Bread Fresh fruit Alt: Soup.salisbury steak/ gravy</p>	<p>7 Turkey cacciatore Steamed rice Tossed salad/dr. (HDM and Cong.) Oatmeal bread Mandarin oranges ALT: Beef stir fry</p>	<p>8 PIZZA Garden Salad Pudding DB: Diet pudding ALT: Shepherd's Pie</p>
<p>11 Kale pasta soup/crax Boneless chicken picatta Brown rice pilaf HDM: Stewed tomatoes Chilled fruit Alt: Soup/crax, veg. quiche</p>	<p>12 Swedish meatballs/gravy Whipped potato Beets WW bread Fresh fruit ALT: Spanish chicken, rice & beans</p>	<p>13 Fish Florentine/sauce O'Brien potato Country blend veg. HM white bread Jello/topping DB: Diet jello ALT: Rib-b-que/gravy</p>	<p>14 St. Patrick's Day Special Corn Beef Dinner Biscuit Chocolate coin Mint mousse</p>	<p>15 Tortellini/tomato sauce Grated cheese Roman blend veg. Oat roll Chilled fruit Alt: Pork patty/gravy potato</p>
<p>18 Lasagna/meat sauce Zucchini/red pepper Garlic roll Pineapple ALT: Mushroom quiche.potato</p>	<p>19 Hamburger/roll/ketchup Potato salad(HDM & Cong.) Corn Chilled fruit Alt: Lemon pepper fish</p>	<p>20 Roast pork/gravy Oven roasted potato California blend veg. Homemade White Bread Pudding DB: Diet pudding ALT: Manicotti/meatsauce</p>	<p>21 Tyson chicken/tarragon sauce Lyonnaise potato/paprika Green beans/red pepper Rye bread Fresh fruit ALT: Liver & onions/gravy</p>	<p>22 Tomato basil soup/crax Tuna salad/WW pita Pasta veg. salad HDM: Pineapple coleslaw BD cake/topping DB: Plain cake Alt: Soup/crax,egg salad</p>
<p>25 Meatloaf/gravy Whipped potato Carrots Muffin Chilled fruit Alt: Chicken marsala</p>	<p>26 Chicken parmigiana Noodles/sauce Tuscan veg. WW bread Chilled fruit ALT: Turkey ham</p>	<p>27 Roast turkey/gravy Sweet potato Peas & onions HM White bread HDM: White bread Fresh fruit ALT: Dominican beef stew</p>	<p>28 Cream of broccoli soup/crax Meatball calzone/sauce Tossed salad/dr. HDM: O'Brien potato Cookie ALT: Soup/crax, chicken filet sandwich</p>	<p>29 Good Friday Baked Fish Capri veg. Delmonico potato WW dinner roll Jello/topping Alt: Pizza & Garden Salad</p>

SENIOR CENTER ACTIVITIES • MARCH 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET 9:00 - 12 Wii	SILSBEE STREET 9:00 - 12 Wii	SILSBEE STREET 9:00 - 12 Wii	SILSBEE STREET 9:00 - 12 Wii	SILSBEE STREET 9:00 - 12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	(EXERCISE CANCELED MARCH 11-MRACH 15)
	1:30 Billiards Club	(EXERCISE CANCELED MARCH 11-MRACH 15)	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO (NEW TIME)
		1:00 – 3:00 MOVIE		
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or
Cathy Davis in admissions for more information.

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CASINO TRIPS

Departs from Lynn
Senior Center

Mohegan Sun \$25

7 am - 6:30 pm
April 9th

Foxwoods \$25

7 am - 6:30 pm
March 12th

Please, please- sign up early! We need 40 reservations one full week before the travel date; otherwise we must cancel.

Sign up in person at the senior center. OR
Mail your registration sheet and payment
check in.

Call for a sign up sheet and we'll mail it to you.



Casino Trips from Revere
Departs from Northgate Plaza

Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.
Mar 12th & 26th
April 9th & 23rd

Twin River \$20

10:00 a.m. - 8:10 p.m.
Mar 7th & 21st
Apr 4th & 18th

Any questions?
Call Elaine 781-289-6144
(Departs from back of Price Rite at Northgate in Revere)

KINDNESS MATTERS!

The POWER TO BE KIND IS IN YOUR HANDS.

What random acts of kindness will you do to make a difference? Something as simple as asking a new visitor to the Senior Center to join you for lunch or holding the door open can make a difference in someone's life. **BEING KIND MATTERS.**



Our SENIOR CENTER is participating in this campaign of kindness during the month of May.

Look for event flyers and notices of activities.

The planning meeting for this event begins at the March TRIAD meeting at the Lynn Senior Center, March 7th, at 10 am. Come learn about this event, bring ideas, bring a friend, and decide if you want to help us out! We'll be looking for friendly ambassadors to help us with this program.

SAFELINK or ASSURANCE Cell Phone

~OFFICE HOURS~

**Tuesdays and Thursdays
8:00 a.m. – 10:00 a.m.**

We will gladly assist you with your cell phone issues/ verification during these office hours.

MOVIES...every Wednesday @ 1:00 p.m.**Free Popcorn and Soda
Wide Screen Plasma Home Theatre System**

Mar 6	The Magic of Belle Isle	109 mins	PG	2012
Mar 13	Tora! Tora! Tora!	144 mins	G	1970
Mar 20	The Conspirator	122 mins	PG-13	2010
Mar 27	Funny Face	103 mins	NR	1957

Don't be shy! Let us know if there's a movie you would like to see!
Even if it's in the theatre now, we can queue it for months later.

**No paper RIDE applications!**

All Ride eligibilities are done in person in Charlestown.

Call to make an appointment!

MBTA RIDE ASSESSMENT OFFICE
500 Rutherford Ave, Charlestown
617-337-2727

They pick you up and take you to Charlestown. Expect to be there 1 1/5 hours. The ride to Charlestown is free. You may bring a companion.

Any questions, call Sharon
781-586-8516

Welcome KIPP Academy!

KIPP Academy students will be volunteering in the center on Friday, March 1st.

They are excited to join you in the game room for Wii and pool.

Some students will help out in the kitchen and computer room.

The highlight of their day will be the **TRIVIA CONTEST!**

We're not releasing all the details for this game, so we may surprise you. But know there will be prizes and guaranteed fun!

LGBT Supper Club

Over the Rainbow
House of Seven Gables
Salem

2nd Tuesday of the month
5:30 pm – 7:30 pm
\$2.50 donation

NOTICE

NO Exercise Classes
March 11th -15th

Feel free to come in and use the treadmill and stationary bike!

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Place Your Ad

Preventing Falls - What you can do.

More than one-third of adults over the age 65 fall each year. As we get older, falls become much more dangerous. A fall can be fatal. Serious complications may follow a fall.

Falls may occur because of some of the changes as we age. Declining or changing vision, balance and strength; these changes can increase the possibility of falling. Medicines can cause dizziness, slowing of reaction time or other side effects. The environment in the home may create safety hazards.

Most falls can be prevented. Listed below are some of the things you can do to lower your chances of falling.

Know your Medicines

- Keep a current list of all your prescription and over the counter medicines.
- Review this list with your doctor and pharmacist.
- Ask about side effects that may increase your risk of falling.
- If you are given a new medicine ask if it will interact with current medicines, possibly causing side effects.
- Ask how to take your medicines correctly. Ask about how alcohol interacts with your medicines.

Stay Strong with Exercise

- Regular physical activity makes your muscles stronger, improves flexibility, balance, strength and endurance
- Investigate exercises recommended for older adults
- Join an organized exercise or strength training program, dance. Yoga and Tai Chi are great for flexibility and balance. Water aerobics works well if you have arthritis or other joint diseases.

Create a Safe Home Environment

- Talk with your doctor to see if a cane, walker, or other device can help you maintain balance
- Remove things you may trip over. Use non-slip mats in bathtub and shower.
- Use brighter light bulbs.
- Wear shoes with good support and non-slip soles

Have your vision checked. Poor vision increases your risk of falling.

- An out of date glasses prescription can create vision problems
- A condition like glaucoma or cataracts can limit your vision.

*Adapted from **What You Can Do to Prevent a Fall**, by Carolyn M. Clancy, MD, Agency for Healthcare Research and Quality.
www.ahrq.gov/consumer/cc*

Resources:

- Join the program **Matter of Balance**. For information contact: Susan H. Brown, RN at 781-586-8568 or sbrown@glss.net.
- Call 1-800-222-2225 or visit [www.nia.nih.gov/Health for Information /Publications/falls](http://www.nia.nih.gov/Health%20for%20Information/Publications/falls) for free material in English and Spanish on preventing falls, exercise tips and more.
- Log on to <http://nihseniorhealth.gov>. This NIH Senior Health site provides material on a variety of topics. Print can be enlarged, or the topic spoken at the site. Free copies of material can also be downloaded.

For more information contact:

Susan H. Brown RN GLSS Community Education Nurse; 781.586.8568; sbrown@glss.net

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ACE

BACCARAT

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CLUB

CRAZY EIGHTS

DEALER

DECK

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DIAMOND

FIFTY-TWO

GAME

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Out and About Fun! Lynn Senior Center Trips 2013**Join us!****Weds, May 22nd****\$78*****"Spreading it Around"******Newport Playhouse Spectacular***

This light-hearted comedy finds Angela Drayton, a wealthy widow in a retirement community. Tired of handing out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation, to give to those who truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. Mama will have none of that! ~Final Payment due May 6th ~Must have 40 reservations~ Sign up in March for payment plan of \$26 per month.

Thurs, July 25th**\$84*****Martha's Vineyard ~ featuring scenic sights, ferry cruise, & buffet***

7am -Depart from the Lynn Senior Center; board the Island Queen ferry in Falmouth. Arrive in Martha's Vineyard 45 minutes later. Board a sightseeing bus and tour Oak Bluffs to Edgartown. Spend some time shopping in the village and enjoy a buffet dinner at the Old Country Buffet before boarding the return ferry.

Approximate return time to Lynn is **7pm**.

~Final Payment due July 11th ~Must have 40 reservations~ Sign up by April 11th for 4 month payment plan of \$21 per month.

Weds, August 21st**\$80*****Boston Duck Tours! ~ includes Boston Common/Public Gardens & Luncheon***

8:30am- Depart from the Lynn Senior Center; head to the Boston Common where you'll see the Public Gardens and the Swan Boats. Enjoy a full course luncheon at the 'No Name' Restaurant on Fish Pier. Ride the famous Boston Ducks through Boston sights and take the plunge into the Charles River for a brief cruise.

Approximate return time to Lynn is **5:30 pm**.

~Final Payment due May 7th ~Must have 40 reservations~ Sign up by Aug 7th for 4 month payment plan of \$20 per month.

Sun, Dec 1st – Mon, Dec 2nd**\$230 dbl****\$280 single****\$220 triple*****White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH***

2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.

~\$50 deposit by Aug 1st holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1st with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1st of every month. Deposit is refundable up to Oct 1st and non-refundable after Oct 1st-no exceptions.

Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

Questions? Call Stacey at 781-586-8503

IN LOVING MEMORY

In loving memory of Frank J. Carvalho
~ Doris M. Day

In loving memory of Dr. Thelma Berger
~Dr. Harvey Berger

THANK YOU

Thank you for your
generous donations.

~Robert Bowe
~Christa Elliott
~David & Irene Lee
~Marie Babineau
~Sophie Karampoulis



DEDUCTIBLE DONATION

GE matches all donations made
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



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WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLASS CLINIC

March 5th

10:00 am—11:00 am

By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

March 12th

8:00 am—9:30 am *note time change*

Nurse available for any health questions.

HEARING CLINIC

March 26th

9:00 am—11:00 am

PODIATRIST

March 14th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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RETURN SERVICE REQUESTED

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